

Soviets take steps toward summit talks

MOSCOW (AP)—The Soviet Union, which had canceled preparations for another Reagan-Gorbachev summit, has proposed that they be renewed, a senior official said Tuesday.

It was the first public step by the Soviets toward ending the next summit since they called off a preparatory meeting between Foreign Minister Mikhail S. Gorbachev and Secretary of State George P. Shultz after the April 15 U.S. bombing in Libya.

Yadimir F. Petrovsky, deputy foreign minister, said a news conference that diplomatic contacts were under way for a new meeting between Shultz and Gorbachev, but he made clear that the sides were far from setting a date for a second summit between President Reagan and Soviet leader Mikhail S. Gorbachev.

At their first summit last November in Geneva, Reagan and Gorbachev agreed to meet again this year in the United States.

In Washington, White House spokesman Larry Speakes welcomed Petrovsky's statement and said the United States hopes it indicates "a willingness on the part of the Soviet Union to move forward to preparations for a summit, which we would like to see."

We are certainly ready for such a meeting between the secretary and the foreign minister, but there has been no specific date set for such a meeting.

ing," he said.

Petrovsky said even the Shultz-Shevardnadze meeting hinges on chances of "tangible" progress in arms control.

The Soviets have expressed reluctance to set a date for the summit until they see improvement in the international political climate and are assured of a concrete agreement on some aspect of arms control.

Shultz and Shevardnadze had planned to meet in May to make arrangements for the second summit. U.S. officials have said since the meeting was canceled that they were ready to hold the summit but awaited some move from the Soviet Union.

Petrovsky said the Kremlin has "proposed to the United States to set in motion a preparatory mechanism" for a meeting between the two.

He would not say where and when Shultz and Shevardnadze might get together.

Speakes said in Washington that "preparation, ideas and framework for the summit" were discussed when Soviet Ambassador Yuri Dubynin met with Reagan at the White House a week ago, but he knew of no exchanges about rescheduling the preparatory session.

Soviet public statements continue to stress the Kremlin's call for a moratorium on nuclear testing and for the United States to drop the space-based defense program commonly known as Star Wars.

Heritage plan: door ajar again

SHEILA SMITH
Universe Staff Writer

The Provo City Council Tuesday tipped the door once again for the development of Heritage Mountain, the on again, off again prize development aimed for the Wasatch Range near the American Fork Training School. The city councilmen, at their regular meeting at the city building, passed a resolution giving Provo's mayor to waive an \$800,000 bond previously required for Heritage development. The fee was one million dollars and Heritage development paid \$200,000. The \$600,000 can be waived since it was not a loss to the city and in various situations fees for bonds were not charged by the city, according to council chairman Gary Light.

In other action, the council discussed the Provo city budget for the 1986-87 fiscal year, and passed the proposed budget with one addition to the fire department of \$38,000, previously unallocated money. This leaves an \$800,000 deficit for next year. There was no discussion concerning a tax increase.

Also Provo city employees will now look forward to receiving a two percent salary increase. This will be effective July 31.

A resolution was passed for the participation of Provo city employees in the noncontributory retirement system of the state. Current city employees will have six months to decide whether to participate in the system. Future employees hired will not have the option, but will be automatically placed under the system.

The council also approved fee increases at the Provo recreation center and Municipal golf course.

Fire burns near A.F. School

SHELLY GOLD
Senior Reporter

A grass fire which started sometime Tuesday night near the American Fork Training School is still burning at the time The Universe went to press. Police said the cause of the blaze was still unknown. American Fork, which operates a volunteer fire department, called additional volunteers to scene at around 10:30 p.m. The site-owned school houses some of Utah's privately and physically handicapped. The fire was

burning in a field directly west of the school grounds and south of the animal petting farm, but had not reached any of the structures.

With temperatures near the century mark, firefighters throughout the state are alert to potential fire dangers. Southern Utah is now recovering from a battle with recent fires that claimed a combined 11,500 acres of forest land.

The Forest Service asks all campers to be careful about fires and reminds citizens against the illegal use of fireworks in forest areas.

The weather forecast for the next five days predicts high temperatures and very dry conditions.



Orem Mayor Blaine Willis presented Walt Disney's award as honorary mayor of Family City USA to Mickey Mouse during ceremonies in front of the SCERA Theater.

Mickey for mayor?

Orem is 'Family City USA'

By JANENE BAADSGAARD
Universe Staff Writer

The heart of Orem's Family City USA celebration this year focuses on six theme "villages." Each village is designed to help the family in a unique way — physically, educationally, civically, financially and culturally.

Orem City kicked off its annual summer celebration Monday in front of the SCERA showcase by installing the late Walt Disney as mayor for the event which runs from July 20-24.

Mickey Mouse appeared at the ceremony to receive the title of honorary mayor of Family City USA on behalf of the famous cartoonist. Family City accorded Disney this honor for his many contributions to family entertainment and his great belief in the family unit, organizers said.

Mickey will continue to reign as mayor during the celebration at the SCERA Park.

"It's (the celebration) going to be bigger and better than ever with lots more hands on experiences in which families can participate," said Howard Gray, chairman of Family City USA.

Individuals, businesses, and non-profit organizations in Utah Valley will provide the educational activities and information to build families as part of this celebration.

According to Gray, rather than just sell their wares, these businesses will provide actual learning experiences in which families can take part.

"We realize that last year's exhibits were a bit more commercial than we wanted. This year we've taken care of that problem and are bringing in even more experiences for families to enjoy. Our main thrust is participation," Gray said.

The villages will be open every day during the celebration until

about 8:30 p.m.

"Any fees charged for activities will be minimal just to cover the cost of any equipment," Gray said.

Some of the activities in which families can participate include scuba diving where families actually get in the water, infant swimming at the SCERA Pool, remote control cars and planes featuring a race on the last day, and a reptile display sponsored by the BYU's Monte L. Bean Museum in which people can touch the reptiles and learn about their habitats.

Mickey Mouse will appear nightly in the "Family City USA Salute to Walt Disney" program at 8:30 p.m. in the SCERA Shell during this five-day exposition.

He and his friend Pinocchio will join a cast of hundreds to provide a show for the whole family. The show will close each night with a fireworks display in the tradition of Disneyland. The final evening of the show will close with a grand finale of fireworks categorized as the longest fireworks show in Utah.

Speakers from Utah County are preparing to give workshops, seminars, and lectures at Family City USA. Lectures will be given in the various villages throughout the day, and as a new feature this year, lectures will be given in the SCERA Auditorium each evening from 5 p.m. to 7 p.m.

Speakers include Garth Fisher, noted author and expert on physical fitness; Lynn Soresby, family counselor and professor at BYU; Barbara Salsbury, home management expert and author; and Stephen R. Covey, author and authority on self-improvement and motivation.

Topics to be discussed include building better family relationships, coping with stress, maternity care, child abuse, emergency preparedness, managing finances, developing carpentry skills, and developing leadership skills.

Auto emissions law stirs local emotions

By SHELLY GOLD
Senior Reporter

July might have started a "day of reckoning" for students and local citizens as well.

Despite a substantial amount of opposition, mandatory emissions testing for Utah County went into effect Tuesday.

The Environmental Protection Agency pinpointed Provo as violating the National Ambient Air Quality standard and imposed measures on the state to lower the carbon monoxide level.

Although the proposal met with opposition from Utah County, Provo City and a citizen's group, it has been approved and implemented locally.

The tests will require owners to first pay for the emissions test, then, should their car be outside acceptable limits, pay to have emissions controls placed in their car.

Citizens Organized to Re-evaluate the Need for Auto Emissions Controls for Utah County (CORN for the acronym) represented by Harold O. Johnson, said it has fought the EPA on this case but has not been successful.

"We were told EPA has never lost a case," said Johnson, although several have been brought against it.

"If the EPA can say Utah County's air is polluted, it can say that about almost any county in the country," said Johnson. "Our warning to all the other counties is to look out."

Johnson said the committee has been told the EPA will not do any re-testing. "We are going to find some way to test the air, though — even if it's after the fact — and prove to the EPA it was wrong to enforce the emissions test."

In the meantime, the required testing may cause a hardship to people who have taken the emissions controls off their cars.

According to Ralph Clegg, supervisor for the automobile emission testing, all cars 1968 and newer that are registered in Utah County will be required to pass the emissions test.

Joseph Murdock, a senior from Salt Lake majoring in statistics said, "I think some students are really going to have trouble with the tests. I know my car wouldn't pass it."

Emissions tests are now part of the safety inspection required annually on motor vehicles in Utah.

Ted Bundy execution delayed for 24 hours

FORT LAUDERDALE, Fla. (AP) — A federal judge Tuesday refused to grant a lengthy delay of Theodore Bundy's scheduled execution, but gave the convicted serial killer's attorneys 24 more hours in their fight to spare him.

U.S. District Judge William Zloch rejected the request for a six-month stay. However, he granted a 24-hour delay of the scheduled 7 a.m. EDT Wednesday execution so that Bundy's legal team could take the case to the 11th U.S. Circuit Court of Appeals in Atlanta.

Zloch's ruling delayed the execution at least until 7 a.m. Thursday, five hours before Bundy's second death warrant for the murders of two sorry sisters would expire. Bundy also was convicted of murdering a 12-year-old schoolgirl.

"The court finds that granting of a stay in this instance would not meet

the public interest," said Zloch. "When the state has taken all the steps required by law, the will of the state should be carried out."

Bundy's lawyers argued that they've had to devote their time to blocking the execution and haven't had a chance to do their best job preparing for the execution.

Their claims are that Bundy had ineffective counsel, that there wasn't a fair hearing to determine his mental competence to stand trial, that the eyewitness testimony of a coed who had been hypnotized during police questioning was improperly allowed, and that the judge needed to have a full hearing on the appeals before ruling.

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Jim Henson and George Lucas team up for an epic adventure film. Page 4

Life in economy less than expected

WASHINGTON (AP) — The government's main economic forecasting agency said Tuesday that the economy is not going to be as strong in the second half of the year as was expected.

They said a rising jobless rate, ripples in oil and gas drilling, and weak overseas were pushing long-awaited rebound further into the future.

The anemic May leading indicators are another sign that the expected rebound in the second half may happen, said Jerry Jasinski, economist for the National Association of Manufacturers.

Afghan refugee tells tale of woe

By AUDREY GADZEKO
Senior Reporter

Two-year-old Sharifa lives in Salt Lake City, but she's a long way from home. Sharifa is one of five refugees from Afghanistan here in the U.S. seeking medical attention she could not get in her bomb-ridden village.

Unlike many children her age, Sharifa has spent most of her life fleeing from her home country. The scars covering her entire body are evidence to her countrymen of the difficulties encountered by her people since Soviet troops invaded Afghanistan.

Some of the Afghans in this country don't understand why their country was invaded six years ago.

"Perhaps it (the invasion) was (caused by) fear of the spread of Moslem militarism, or because they (Russians) want to conquer the world. Whatever their reason, it has been six years of horror," said Matin, an Afghan refugee and freedom fighter now in Salt Lake for surgery.

Matin was first seen in a refugee camp in Pakistan by a Salt Lake City doctor who, with the help of the Committee for Free Afghanistan, brought Matin to the states for treatment.

The 23-year-old Afghan said he joined the Mujahadeen — Afghan freedom fighters — when Afghan communists took over in Afghanistan, four years before the Soviet invasion. He was barely 14 years old then, but he said he knew the meaning of freedom and wanted to keep his country free.

Matin's decision was a costly choice. He said he lost his family, and his hands were blown off while detonating a bomb that had been placed in his village.

"Placing bombs all over villages was one of the methods Russian soldiers used to subdue my people," said Matin. "Bombs were hidden in places people were likely to go. Doors were booby trapped with bombs, and bombs were placed in kitchens, living rooms and even family albums," he explained.

For the Russian soldier, there was no limit, claimed Matin. Even toys and pens were filled with explosives and dropped from airplanes to children who then were injured in their attempts to pick them up, according to the Afghan's story.



Two-year-old Sharifa shows the signs of injury from living in war-torn Afghanistan.

But even with his wounds, Matin considers himself one of the lucky few, for he is still alive.

"About 5.5 million people in my country have been killed, many of them innocent women and children," said Matin.

Entire families have been systematically annihilated in Soviet raids

and bombings, he said. Matin is not sure he has any family left. His wife was killed when their home was bombed and he hasn't seen his father and brothers since he joined the Mujahadeen. Hopefully, said Matin, they are also fighting in another village.

See WAR page 2

Universe photo by Jim Beckwith

War with Russian fighters separates Afghan families

Continued from page 1

As in his own case, Matin said many families have been separated while fleeing from Soviet soldiers. Refugee camps in Pakistan are filled with millions of Afghans who sometimes had to travel hundreds of miles on foot, through tortuous mountains, to get away from their invaders, he said.

Many do not make it to safety, for whether they stayed in their villages or fled into the mountains, the Russians were always close on their heels, he added. In fact, it was while Sharifa and her family were fleeing that she incurred her wounds. According to Matin's story, Soviet soldiers threw napalm, a petroleum bomb that burned the skin, at their group. Sharifa, who was a 1-year-old then, was severely burned.

Refugees had to hide in caves during the day, traveling only at night, sometimes without food or water. But that was preferable to the Russian helicopters and bombs, said Matin.

Anything, said Matin, was preferable to the destruction in his native land; a land that had not too long ago been one of tranquility and peace. A place where people

went about their daily business of farming without a thought of politics or the rest of the world, he explained. "It is too painful to think of the future of our land," he said.

Afghan accounts say each day brings more destruction, and freedom fighters are faced with the formidable task of freeing their country from the Soviets. According to Matin, there is little hope the Mujahadeen will win.

The odds facing the freedom fighters are tremendous, and it is only a matter of time before the Soviets take over completely," said Dr. Youngblood, the man who discovered Matin.

With so little help from the rest of the world, the Mujahadeen have no recourse but to defend their territory with any weapons they can lay their hands on. World War II weapons, recoil rifles and rockets captured from dead Soviet soldiers make up their arsenal—hardly a match for the sophisticated weaponry the Soviets possess, Matin said.

But for many Afghans, there is still hope. Their most important weapon, strength and resilience, is one that can not run out—at least not yet, he promised.

New York Harbor gears up for centennial celebration

NEW YORK (AP) — The pace quickened Tuesday in New York Harbor. More tall ships arrived and workers strained to complete work on the Statue of Liberty before Thursday's centennial celebration.

The aircraft carrier John F. Kennedy, escorted by six tugs and two police boats, was guided into the harbor and dropped anchor within view of Liberty Island. It will serve as a floating reviewing stand for the news media during the centennial observances.

President Reagan is scheduled to "unveil" the refurbished statue with the background of a laser light show Thursday night, kicking off a July Fourth weekend celebration that is expected to attract 13 million people and include what is billed as the nation's largest fireworks display.

Work on the statue, which began three years ago, was just about finished Tuesday, National Park Service spokesman Manny Strumpf said.

Workers on Liberty Island were doing some minor land-

scaping, touch-up painting and stone-cleaning, Strumpf said.

Asked if there was a possibility they wouldn't finish, he said, "Murphy's Law (whatever can go wrong will) can always come into this, but we don't think so." The National Weather Service predicted rain Wednesday, but clearing skies Thursday and sunny and through Friday.

The Canadian tall ship Bluenose 2 sailed into the harbor to its berth at historic South Street Seaport, an Philadelphia ship Gazelle—the oldest of the tall ships—was en route.

Another of the tall ships, the Shabab Oman, navy through Long Island Sound on Tuesday, according to Sail spokesman Gordon Lattey.

More than 50 of the high-masted sailing ships, for by more than 250 smaller sailing vessels from around world, will take part in the Parade of Sail up the Hudson River on Friday.

Utah will not get outdated weapons

WASHINGTON (AP) — The Army has tentatively decided that its stock of outdated chemical weapons should be destroyed at existing storage depots rather than transported to one or two large incineration plants, a top official said Tuesday.

Those depots are located in Utah, Alabama, Maryland, Indiana, Kentucky, Oregon, Colorado and Arkansas.

THE UNIVERSE

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NEWS DIGEST

Ex-Congressman wants out of jail

WASHINGTON (AP) — Lawyers for former Idaho Rep. George V. Hansen have petitioned the federal appellate court to release him from prison. He is still appealing a trial judge's refusal to grant him a new trial or reduce his sentence for filing false financial documents.

Hansen was sentenced to a 5-to-15-month imprisonment and fined \$40,000 for violating the Ethics in Government Act for failure to record \$334,000 in profits and loans, including transactions involving Texas financier Nelson Bunker Hunt, on reports to the House of Representatives.

Hansen, 55, had been released on his personal bond while he appealed the conviction to the Supreme Court, which refused to hear the case in March. He asked U.S. District Judge Joyce Hane Green for a retrial based on what he said was newly discovered evidence or a reduction in his sentence to probation and a \$20,000 fine. She refused both requests.

Sen. East's suicide shocks capital

GREENVILLE, N.C. (AP) — The idea of Sen. John East committing suicide still finds friends and legislative colleagues unable to accept it "as happening to someone who had so very much going for him."

Friend and protégé Jesse Helms said the suicide of the popular senator from North Carolina, a conservative Republican, "appeared to make no sense. He seemed successful in everything he did."

East's body was found at 8 a.m. Sunday in the garage of his home. His death was officially ruled as being caused by asphyxiation by carbon monoxide.

NASA chief encourages employees

HUNTSVILLE, Ala. (AP) — Employees of Marshall Space Flight Center got some encouraging words Tuesday from NASA's new administrator, who told them the center had been a "pillar of strength" for a quarter-century.

More than 400 workers greeted James Fletcher with a standing ovation. Fletcher said he had wanted to visit Huntsville because of the retirement of director William Lucas on Thursday and because of the difficult times the Marshall Center has experienced.

He called Lucas a great American and a "valuable part of the NASA program."

Pumping plant construction begins

SALT LAKE CITY (AP) — Construction work has begun on the West Desert Pumping Project. Utah state officials hope the plant will begin siphoning excess water from the swollen Great Salt Lake by late February, 1987.

D. Larry Anderson, State Division of Water Resources director, said Southern Pacific Railroad began work Monday on its portion of the project. Southern Pacific owns a rail causeway that has sustained heavy damage recently from lake waves.

The 80-mile-long, 30-mile-wide lake is at its highest levels in more than a century.

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LIFESTYLE



Jennifer Connelly stars, a young woman who must enter the "Labyrinth" to rescue her baby brother from the Goblin King Jareth, played by singer David Bowie. "Labyrinth" opened last Friday to a nationwide audience.

Bowie lends talents to fantasy-packed movie

LYNN DANIEL WELLER
Universe Staff Writer

If you have reached your limit of inner teen-sex comedies and are in a mood for a truly different type of movie experience, then perhaps "Labyrinth," rated PG, is the movie for you. Director Jim Henson, famous for his Muppet TV series and motion pictures, and Executive Producer George Lucas, best known for his "Star Wars" and "Indiana Jones" series, have teamed up to make an undeniably creative, sword-and-sorcery epic. The script is by Terry Jones, formerly of Monty Python. The movie shows creative input of all these individuals. It is creative and exciting and fun. The story is about a young, teenage girl (played by Jennifer Connelly) who is tired of the real world and is secretly tired of baby-sitting her baby brother. She is so tired in fact that she wishes that the goblins would come and take the little boy away. The adventure begins when her wish is granted. David Bowie plays the goblin king

who frustrates the girl's attempts to rescue her baby brother by placing her in a hopeless maze and who is gradually overcome by her maidenly charms.

One of the most exceptional things about the film is the sense that you absolutely never know what is going to happen next. The beautiful computer graphics that appear over the opening credits are a good clue about the originality of what is going to follow.

The general appearance of the movie's fantasy world is new and unique. Many of the situations called for by the script are outrageous and very funny, such as the "bog of eternal stench," which looks and sounds as bad as anything you could possibly imagine that is called the "bog of eternal stench."

There is a lot of the slow, gentle humor that Henson uses in all his Muppet shows. Also this film is a lot more comprehensible, less pretentious and the characters more believable than they were in Henson's previous fantasy effort, "The Dark Crystal," a story about the ultimate battle between good and evil.

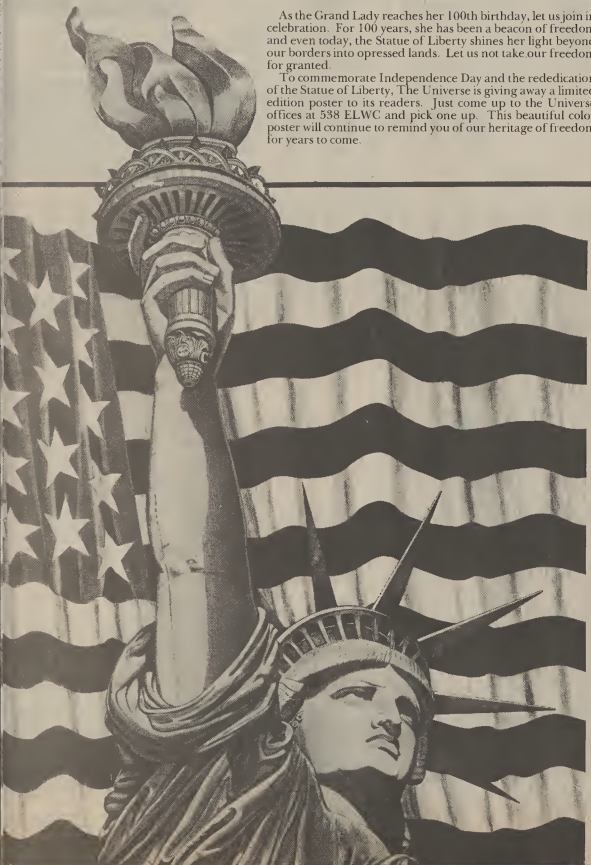
MOVIE REVIEW

This is a fun movie. But there are some problems. Frequently the action of the movie will stop so that David Bowie can sing a song. Few of the songs give any appearance of having anything to do with the story, and most of them are simple love ballads.

Also, this movie is not for everyone. Because it is so unpredictable, unless you pay close attention, you might find yourself as lost in the movie as the main character is in the maze she attempts to navigate.

Overall the movie has its heart in the right place. It has no sex, bad language or human violence, and it advocates friendship and trust and all sorts of wonderful virtues. (The only problem is that quite a few gruesome little creatures bite the dust which might make it a bit hard for little children to watch).

Celebrate America!



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Drugs plague universities

COLUMBUS, Ohio (AP) — The chairman of the NCAA committee on drug education, saying every college in the country has a drug problem, feels that an effective testing program acts as a deterrent to abuse by athletes.

Dr. Robert J. Murphy, an associate clinical professor of preventive medicine and the head team physician at Ohio State University, says he has data showing that in the last five years 20 percent to 25 percent of college athletes use marijuana or cocaine — or both — on an average of once a week.

Murphy, also the chairman of the NCAA's committee on drug education, provided information presented to the Big Ten Conference Awareness Committee on Alcohol and Drug Abuse.

A 1984 NCAA survey found that 36 percent of 2,039 athletes responding had used marijuana within the previous 12 months, 17 percent used cocaine, 8 percent used amphetamines and 6.5 percent used anabolic steroids.

Boxer loses title for cocaine use

LAS VEGAS, Nev. (AP) — Boxer David Braxton, who Michigan authorities said admitted using cocaine before a May 22 title fight in Detroit, has been stripped of his North American Boxing Federation 154-pound crown after a urine test showed positive for the drug.

NABF vice president Duane Ford said Braxton's crown was taken from him during an executive board meeting in San Diego over the weekend.

And the head of the Michigan Athletic Board of Control said Braxton faces likely suspension after admitting that he took cocaine before the fight.

Ford said NABF regulations state that any use of drugs or stimulants is grounds for disqualification.

Tight end posts \$10,000 bond

CORAL GABLES, Fla. (AP) — All-American tight end Willie Smith of the University of Miami was free on \$10,000 bond today following his arrest on cocaine and weapons-possession charges.

The 21-year-old Smith, the 10th-round draft choice of the Cleveland Browns in the National Football League draft, was arrested early Monday in the parking lot of a motel next to the campus.

Police reported finding Smith in a silver car with a .357 magnum and a small plastic bag containing cocaine on the seat.

Smith refused to talk with reporters when he left the jail late Monday after posting bond.

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SPORTS

Lloyd battles way to semifinals

WIMBLEDON, England (AP) — Chris Evert Lloyd needed every bit of her experience Tuesday to outlast Czechoslovakia's Helena Sukova and move into the women's singles semifinals at Wimbledon.

"This was pretty much of a real test," Lloyd said after overcoming Sukova 7-6, 4-6, 6-4 under a blazing sun in temperatures that soared over 110 degrees on the enclosed grass court at the All England Lawn Tennis and Croquet Club. "It was tough."

"I had so many chances," Sukova said of her loss.

"I cannot say I am disappointed with the way I played, I am just disappointed that I lost."

Also gaining semifinal berths were top-seeded Martina Navratilova, going after her fifth consecutive women's crown at Wimbledon; No. 3 Hana Mandlikova of Czechoslovakia; and No. 10 Gabriela Sabatini of Argentina.

The men's quarterfinal draw was completed Tuesday when top-seeded Ivan Lendl held off American Matt Anger 6-7, 7-6, 6-4, 7-6 in a shootout on Center Court that began on Monday before being suspended by darkness.

Coming off her victory on the red clay courts at the French Open, Lloyd is attempting to capture her fourth Wimbledon crown, and her first since 1981. But her semifinal foe is Mandlikova, another grass-court specialist who defeated Lloyd in the semifinal at the U.S. Open last September.

Thursday's other semifinals will pit Navratilova against the 16-year-old Sabatini, who reached a Grand Slam semifinal for the second time in her young career.

The men will play their semifinals on Friday, with the women's title match Saturday and the 100th men's championship decided on Sunday.

Oakland loses battle for Raiders

WASHINGTON (AP) — The city of Oakland's legal battle to reclaim the Raiders is over.

The Supreme Court ended Oakland's four-year battle to return the NFL team from Los Angeles Monday, rejecting the city's claim of eminent domain over the club. Oakland attorney David Self admitted that the decision meant the city has exhausted its appeals.

"It means that the eminent domain action is over. It was a long and well-fought battle, but we lost," Self said. "The lack of ability to acquire by eminent domain means that cities like Oakland are basically defenseless when it comes to a move such as the Raiders. Perhaps the level of commitment we've demonstrated with this case will help Oakland acquire an expansion team."

Self also said that the city could now be held liable for the Raiders' legal costs, which he would not specify. But Raiders attorney Joseph Alioto said the club would try to include the NFL in any damage suit.

"We plan to bring the NFL into the thing because of their proven conspiracy with Oakland officials in connection with eminent domain," Alioto said. "You remember the deal that

even Rozelle testified to..."

"He waived the NFL constitution in exchange for the right to name the new owner of the Raiders..."



Senior citizens participate in water aerobics at a local fitness spa. One woman lost 80 pounds from her efforts, according to the Spa's director.

Senior citizens shape up

COLUMBUS, OHIO (AP) — How long does it take senior citizens to shape up?

That's what Dr. Dan Shook is finding out in a three-year program of physical exercise and examination for 84 men and women over 60 years of age.

Shook, an exercise physiology professor at Ohio State University, works with a staff of nurses and physiologists to put groups of 20-30 senior citizens through a year-long program of closely monitored exercise on two levels — low intensity workouts and high intensity workouts. He measures their pulse rate and blood pressure, and projects their oxygen needs at various stages of the program. When Shook launched the program in 1984, he advertised in neighborhood newspapers for research candidates. Among initial applicants, he said one in three or four were healthy enough to be accepted.

"Now, I would say that for every person that is accepted, I've had to turn down maybe 10-15 others, either because they are too busy, or they had had a heart attack or a stroke or were taking blood pressure medication," Shook said. "And some were too physically active. They were in good shape and wouldn't produce good research data."

For research purposes, Shook has one group of participants exercise at less than 50 percent of their maximum oxygen uptake and another exercise at more than 50 percent of that maximum.

While the minimum age for participants is 60 years, Shook said, "We'd take them up to 105 years old if they are healthy." Some participants have been in their late 70s.

His research is funded by a \$400,000 grant from the National Institute of Health. Before being accepted, applicants receive a thorough physical examination that in-

cludes an overnight stay in University Hospital. The examinations are primarily to evaluate their blood, heart, and cardiovascular systems. They leave the hospital with a 72-hour electrocardiogram monitor which has to be returned and checked before their first exercise class.

Once in exercise regimen, nurses or physiologists check participants every 20 minutes or so during their one-hour of exercise three times a week at the Ohio State University Gymnasium. Participants return to the hospital after four months, and again after eight months, for a checkup and to have their progress recorded in more detail.

Classes start with 10-15 minutes of warm-up exercises, such as sit-ups, push-ups, and deep knee bends. This is followed by aerobic exercises on a stationary exercise bicycle. Beginners start with five minutes on the bikes and work up to 15-20 minutes or more. After a pulse check, they jog on an indoor track, then return to the bikes before they start "cooling down" exercises.

"We don't want to hurt anyone or overwork them," Shook said. "We want this to be a safe program."

He's putting together data on the first and second-year classes and when he sends it to participants for checking, he will include a questionnaire to learn if they are continuing to exercise.

Bob Topp, an OSU hospital nurse who supervised two exercise classes during the second year of the research, said results showed up quickly in the form of lower blood pressure and slower heart rates.

"And there's been an increase in the quality of sleep habits," he said. "They get to sleep quicker and sleep longer."

He and Shook also noted a drop in body fat and improved muscle tone as the exercise time increased.

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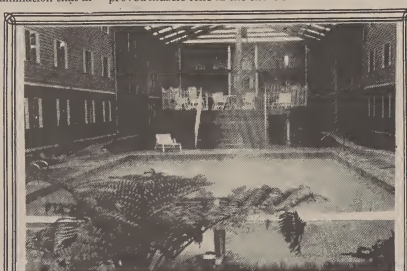
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